



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09231, Passion-fruit, (granadilla), purple, raw

Report Date: June 30, 2017 16:45 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:48% Refuse Description: Shell

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 cup 236g | 1 fruit without refuse 18g |
|--------------------------------|------|------------------------|-------------|------------|---------------|-------------------------------|
| Proximates | | | | | | |
| Water | g | 72.93 | 4 | 1.355 | 172.11 | 13.13 |
| Energy | kcal | 97 | -- | -- | 229 | 17 |
| Energy | kJ | 406 | -- | -- | 958 | 73 |
| Protein | g | 2.20 | -- | -- | 5.19 | 0.40 |
| Total lipid (fat) | g | 0.70 | -- | -- | 1.65 | 0.13 |
| Ash | g | 0.80 | -- | -- | 1.89 | 0.14 |
| Carbohydrate, by difference | g | 23.38 | -- | -- | 55.18 | 4.21 |
| Fiber, total dietary | g | 10.4 | -- | -- | 24.5 | 1.9 |
| Sugars, total | g | 11.20 | -- | -- | 26.43 | 2.02 |
| Minerals | | | | | | |
| Calcium, Ca | mg | 12 | 3 | 4.726 | 28 | 2 |
| Iron, Fe | mg | 1.60 | -- | -- | 3.78 | 0.29 |
| Magnesium, Mg | mg | 29 | -- | -- | 68 | 5 |
| Phosphorus, P | mg | 68 | 3 | 4.163 | 160 | 12 |
| Potassium, K | mg | 348 | -- | -- | 821 | 63 |
| Sodium, Na | mg | 28 | -- | -- | 66 | 5 |
| Zinc, Zn | mg | 0.10 | -- | -- | 0.24 | 0.02 |
| Copper, Cu | mg | 0.086 | -- | -- | 0.203 | 0.015 |
| Selenium, Se | µg | 0.6 | -- | -- | 1.4 | 0.1 |
| Vitamins | | | | | | |
| Vitamin C, total ascorbic acid | mg | 30.0 | -- | -- | 70.8 | 5.4 |

| Nutrient | Unit | 1 | | | 1 cup 236g | 1 fruit without refuse | |
|----------------------------------|------|---------------|-------------|------------|---------------|------------------------|--|
| | | Value Per 100 | Data points | Std. Error | | 18g | |
| Thiamin | mg | 0.000 | -- | -- | 0.000 | 0.000 | |
| Riboflavin | mg | 0.130 | -- | -- | 0.307 | 0.023 | |
| Niacin | mg | 1.500 | -- | -- | 3.540 | 0.270 | |
| Vitamin B-6 | mg | 0.100 | -- | -- | 0.236 | 0.018 | |
| Folate, total | µg | 14 | -- | -- | 33 | 3 | |
| Folic acid | µg | 0 | -- | -- | 0 | 0 | |
| Folate, food | µg | 14 | -- | -- | 33 | 3 | |
| Folate, DFE | µg | 14 | -- | -- | 33 | 3 | |
| Choline, total | mg | 7.6 | -- | -- | 17.9 | 1.4 | |
| Vitamin B-12 | µg | 0.00 | -- | -- | 0.00 | 0.00 | |
| Vitamin B-12, added | µg | 0.00 | -- | -- | 0.00 | 0.00 | |
| Vitamin A, RAE ¹ | µg | 64 | 2 | -- | 151 | 12 | |
| Retinol | µg | 0 | -- | -- | 0 | 0 | |
| Carotene, beta ¹ | µg | 743 | 2 | -- | 1753 | 134 | |
| Carotene, alpha ¹ | µg | 0 | 2 | -- | 0 | 0 | |
| Cryptoxanthin, beta ¹ | µg | 41 | 2 | -- | 97 | 7 | |
| Vitamin A, IU ¹ | IU | 1272 | 2 | -- | 3002 | 229 | |
| Lycopene | µg | 0 | -- | -- | 0 | 0 | |
| Lutein + zeaxanthin | µg | 0 | -- | -- | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.02 | -- | -- | 0.05 | 0.00 | |
| Vitamin E, added | mg | 0.00 | -- | -- | 0.00 | 0.00 | |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | 0.0 | 0.0 | |
| Vitamin D | IU | 0 | -- | -- | 0 | 0 | |
| Vitamin K (phylloquinone) | µg | 0.7 | -- | -- | 1.7 | 0.1 | |
| Lipids | | | | | | | |
| Fatty acids, total saturated | g | 0.059 | -- | -- | 0.139 | 0.011 | |
| 4:0 | g | 0.000 | -- | -- | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | -- | -- | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | -- | -- | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | -- | -- | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | -- | -- | 0.000 | 0.000 | |
| 14:0 | g | 0.000 | -- | -- | 0.000 | 0.000 | |
| 16:0 | g | 0.045 | -- | -- | 0.106 | 0.008 | |

| Nutrient | Unit | 1 | | | 1 cup 236g | 1 fruit without refuse | |
|------------------------------------|------|---------------|-------------|------------|---------------|------------------------|--|
| | | Value Per 100 | Data points | Std. Error | | 18g | |
| | g | | | | | | |
| 18:0 | g | 0.014 | -- | -- | 0.033 | 0.003 | |
| Fatty acids, total monounsaturated | g | 0.086 | -- | -- | 0.203 | 0.015 | |
| 16:1 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 | |
| 18:1 undifferentiated | g | 0.086 | -- | -- | 0.203 | 0.015 | |
| 20:1 | g | 0.000 | -- | -- | 0.000 | 0.000 | |
| 22:1 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated | g | 0.411 | -- | -- | 0.970 | 0.074 | |
| 18:2 undifferentiated | g | 0.410 | -- | -- | 0.968 | 0.074 | |
| 18:3 undifferentiated | g | 0.001 | -- | -- | 0.002 | 0.000 | |
| 18:4 | g | 0.000 | -- | -- | 0.000 | 0.000 | |
| 20:4 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 | |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | 0.000 | 0.000 | |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | 0.000 | 0.000 | |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | 0.000 | 0.000 | |
| Fatty acids, total trans | g | 0.000 | -- | -- | 0.000 | 0.000 | |
| Cholesterol | mg | 0 | -- | -- | 0 | 0 | |

Amino Acids

Other

| | | | | | | |
|----------------|----|-----|----|----|-----|-----|
| Alcohol, ethyl | g | 0.0 | -- | -- | 0.0 | 0.0 |
| Caffeine | mg | 0 | -- | -- | 0 | 0 |
| Theobromine | mg | 0 | -- | -- | 0 | 0 |

Flavonoids

| | | | | | | |
|--------------------------------|----|------|---|----|------|------|
| Isoflavones | | | | | | |
| Daidzein ² | mg | 0.01 | 1 | -- | 0.02 | 0.00 |
| Genistein ² | mg | 0.01 | 1 | -- | 0.02 | 0.00 |
| Total isoflavones ² | mg | 0.02 | 1 | -- | 0.05 | 0.00 |

Sources of Data

¹A Homnava, W Rogers, R R Eitenmiller Provitamin A activity of specialty fruit marketed in the United States., 1990 J. Food Composition and Analysis 3 pp.119-133

²Liggins, J., Bluck, L. J. C., Runswick, S., Atkinson, C., Coward, W. A., Bingham, S. A. Daidzein and genistein content of fruits and nuts., 2000 J. Nutr. Biochem. 11 pp.326-331